



DEPARTMENT OF THE ARMY
HEADQUARTERS, 19TH SUSTAINMENT COMMAND (EXPEDITIONARY)
UNIT #15015
APO AP 96218-5015

REPLY TO
ATTENTION OF:

EANC-GO-T

15 AUG 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Letter #59 – 19th ESC Physical Fitness Policy

References:

a. AK 350-1, Eighth United States Army Training and Leader Development, 12 April 2006.

b. AR 350-1, Army Training and Leader Development, 13 January 2006.

c. FM 21-20, Physical Fitness Training, 30 September 1992.

d. AR 600-9, The Army Weight Control Program, 10 June 1987.

1. Unit readiness begins with the physical fitness of Soldiers and the NCOs and Officers who lead them. Commanders will establish physical fitness training programs consistent with FM 21-20 and unit missions. This category of training does not emphasize any one type of activity; rather, it is a total "system" designed to increase the physical fitness of the whole Soldier. This includes physical conditioning and testing, unit sports, nutrition and diet, weight control, education, incentives and motivation. The objective of the unit Physical Training (PT) program is to achieve and maintain total physical readiness at all times.

a. At a minimum, all 19th ESC Soldiers will conduct PT four times per week for a minimum of 60 minutes each session.

b. Commanders will publish a Physical Fitness policy letter to ensure that their goals and standards for physical fitness are understood and met.

2. Physical Fitness is assessed through use of the Army Physical Fitness Test (APFT). The APFT is an indicator of individual and unit physical fitness and is an aid in evaluating the effectiveness of fitness programs.

a. All Soldiers will be administered the APFT every six months. At least four months will elapse between record tests, except for retesting those who failed the test and Soldiers TDY to a school. Soldiers who fail the APFT will be retested within 3 months.

b. Units will follow the regulations referenced above when administering and recording the results of the APFT and achieve a qualified rate of not less than 95 percent.

c. Units will conduct documented special conditioning programs for those Soldiers who fail to attain the minimum score on each event. They will not be punitive in nature, but designed to improve their fitness level. Soldiers without medical profiles who fail the APFT or fail to take the APFT with no authorized waiver within the required time will be flagged IAW AR 600-8-2. Those with repeated failures may be barred from re-enlistment or processed for separation from the service. Provisions for separations are in AR 635-200 and AR 600-8-24.

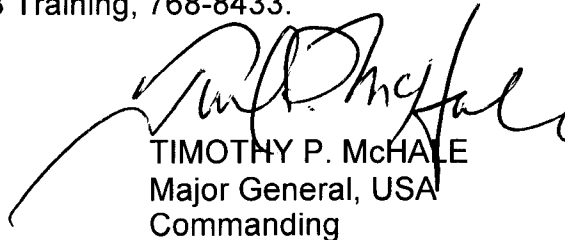
d. Units will award the Physical Fitness Badge to Soldiers who obtain a score of at least 90 or above on each event on the APFT and meet height and weight standards. This badge will be IAW AR 670-1 and is authorized as long as a passing score is achieved in subsequent APFTs and Soldiers continue to meet height and weight standards.

3. Special Conditioning Programs. Special Conditioning programs are appropriate for Soldiers who have difficulties meeting unit goals or Army standards. Such programs will not be punitive and must be designed to improve the fitness level of Soldiers, meet individual needs to overcome identified weaknesses, and encourage a healthy lifestyle.

a. Pregnant Soldiers. In order to improve and maintain the physical conditioning of pregnant Soldiers assigned to 19th ESC, commanders must develop a meaningful PT program that takes into account their special needs. The Pregnant Soldiers Physical Training Program (PSPTP) will be IAW 121st General Hospital's Training Program for the Pregnant Soldier and the amendments to FM 21-20.

b. Overweight Soldiers. Special physical fitness programs will be tailored according to FM 21-20 and kept separate and distinct from the Army Weight Control Program, except for the exercise programs prescribed to assist Soldiers with weight control problems. Commanders should avoid placing all Soldiers that exceed body composition standards or have fitness problems in the same category with the expectation that more exercise will automatically result in decreased body composition and weight. At a minimum, all Soldiers will be weighed when they take the APFT or at least every six months. If they do not meet the standards as prescribed in AR 600-9, counseling by both the commander and health care medical personnel is required before the Soldier is entered in the Weight Control Program.

4. Point of Contact is ACoF, G-3 Training, 768-8433.



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Major General, USA
Commanding